In the late 1930s, the leader of Thailand introduced the dish to his country in an effort to define a national identity and improve nutrition. The Thai government distributed the recipe and encouraged vendors to sell it throughout the country. Ironically, the dish’s iconic chiles aren’t very tied to Thailand.

### The not so Thai Pad Thai

In the late 1930s, the leader of Thailand introduced the dish to his country in an effort to define a national identity and improve nutrition. The Thai government distributed the recipe and encouraged vendors to sell it throughout the country. Ironically, the dish’s iconic chiles aren’t very tied to Thailand.

### Where did each ingredient originate?

Each map shows the origins of common ingredients found in the dish.

- **Rice Noodles**
- **Egg**
- **Peanuts**
- **Oil**
- **Sauce**
- **Chicken**
- **Mung Bean Sprouts**
- **Green Onions**
- **Lemon**
- **Chile Pepper**

### Origins of pad Thai ingredients

Darker regions on the map indicate where more ingredients in pad Thai originate.

- **Native to Mexico and Central America, the chile peppers used in pad Thai are common in many Asian dishes.**

### Contribution to calories

<table>
<thead>
<tr>
<th>Region</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Asia</td>
<td>51.5%</td>
</tr>
<tr>
<td>West Africa</td>
<td>18.5%</td>
</tr>
<tr>
<td>Amazon</td>
<td>8.5%</td>
</tr>
<tr>
<td>West Asia</td>
<td>8.4%</td>
</tr>
<tr>
<td>Southeast Asia</td>
<td>8.7%</td>
</tr>
<tr>
<td>Other</td>
<td>5.2%</td>
</tr>
</tbody>
</table>

Sources: Origins of ingredients: Khoury et al. (2020) Proc Roy Soc B 287(1923): 20200790. Highlighted areas are world geographic regions where the plants and animals in food ingredients were domesticated.

Calories: USDA Food Composition Databases (2018), www.nutritionix.com

Graphic: Álvaro Valiño, Kelsey Nowakowski and Colin Khoury